

PRECISION NUTRITION COACHING SECRETS:

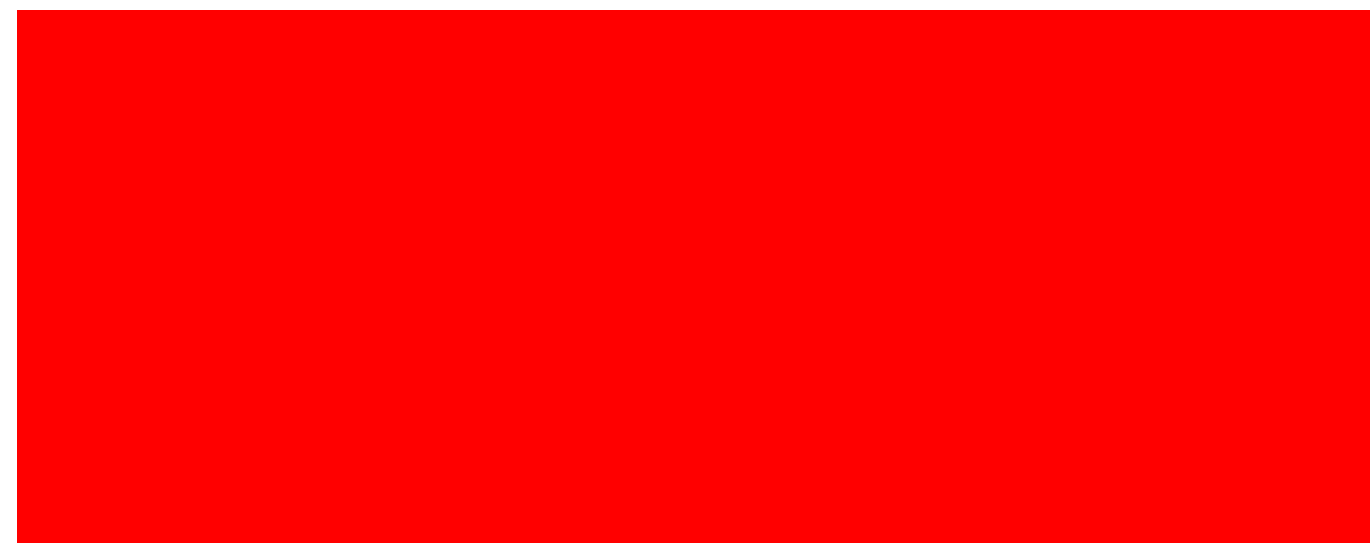
A GUIDE TO PRACTICE-BASED COACHING

BY JOHN BERARDI, PH.D.

Wondering how Precision Nutrition Coaching works? Want to try our formula? Here's how we help people eat, move, and live better.

PN'S UNIQUE APPROACH TO ACHIEVING GOALS

Want to lose weight, build muscle, or achieve any other goal? Follow these two steps:



Then record those goals, skills, and practices in a chart like this.

YOUR GOAL:

MONTH 1 SKILL TO DEVELOP

MONTH 2 SKILL TO DEVELOP

MONTH 3 SKILL TO DEVELOP

MONTH 4 SKILL TO DEVELOP

1ST PRACTICE (2 WEEKS)

2ND PRACTICE (2 WEEKS)

3RD PRACTICE (2 WEEKS)

4TH PRACTICE (2 WEEKS)

5TH PRACTICE (2 WEEKS)

6TH PRACTICE (2 WEEKS)

7TH PRACTICE (2 WEEKS)

8TH PRACTICE (2 WEEKS)



SMART PRACTICES FOLLOW THE 'FIVE S' FORMULA

You've heard that 'practice makes perfect'. But how do you know if you're practicing the right things? In the right order?

EACH PRACTICE SHOULD MEET THE FOLLOWING CRITERIA:

SEGMENTAL

Part of a larger process that works together with other manageable steps.



SEQUENTIAL

Introduced at the right time, in the right order.



SIMPLE

Non-intimidating and easily done in the context of your real life.



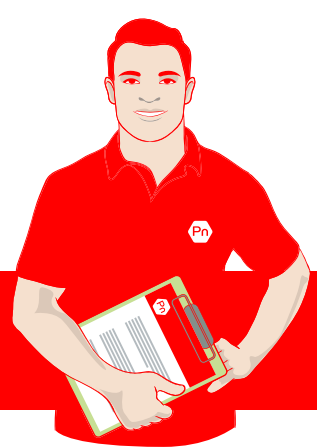
STRATEGIC

Addresses the biggest thing that's preventing your progress right now.



SUPPORTED

Accompanied by support, mentorship, and accountability.



HELP WHEN YOU'RE STUCK

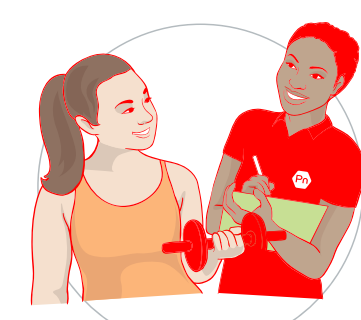
Life happens. Sometimes we need extra help from someone who's 'been there, and done that'.



That's why we provide world-class coaches. They can help you see past obstacles that seem impossible to you right now.

SUPPORT AND ACCOUNTABILITY ARE ESSENTIAL INGREDIENTS

To achieve a challenging goal, almost everyone needs help from time to time. Here are the key elements:



ENCOURAGEMENT DURING THE COURAGE PHASE.

When you're just getting started, you're committed, but not quite capable. Moving forward takes courage. A supportive coach or mentor can help.

A KNOWN CADENCE OF ACCOUNTABILITY.

Accountability works best if it happens at regular intervals. Our coaches check-in at expected, planned moments. And workshop leaders check in monthly.



A RESPECTED COACH.

A good coach is someone you trust and respect, who's there when you need them. We make world-class coaches available to clients either full time or a la carte.

POSITIVE PROGRESS FOCUS.

It's important to shine a light on all progress; not just physical. Good stuff is usually happening, even if you can't see it. Find that good stuff and celebrate it.



PROACTIVE OBSTACLE IDENTIFICATION.

What's better than solving a problem? Avoiding it in the first place. Good coaches warn you about upcoming roadblocks so you're less likely to get derailed.